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Health and Thrift in the Home

APPETIZING DISHES MAY BE MADE WITH RICE FOUNDATION Should Be Used With Generous Supply of Fruits and Vegetables—Summer Meat Bill Reduced.

WHEN rice is used in considerable quantities in the diet, care should be taken to supply fruits and vegetables generously in order that the mineral substance which the body needs may be provided. The meat bill for summer can be greatly reduced by making rice the foundation of different appetizing dishes where a little meat is used for seasoning, together with other vegetables, gravies and sauces.

When cooked properly, rice is nutritious and palatable and digests well. It can be cooked quickly, without the necessity of troublesome preparation and without waste. It is valuable when boiled in salted water and used as a vegetable at a meal with meat, eggs, beans, gravy or other foods rich in protein are served.

Wholly or partly cooked rice can be used with cheese, minced meat or poultry, fish, eggs, beans and other food, for a variety of meat dishes, the combinations constituting dishes in which most of the needed food elements are present. It also supplies body and substance to stews, soups and puddings.

Instead of serving rice plain as a vegetable, it may be stewed with tomatoes, cooked in a double boiler with tomato juice, soup stock or milk, or it may be seasoned with curry powder, onions or other seasoning materials.

As a cereal for breakfast, rice may be boiled in milk and sweetened, or eaten with butter and salt. If liked, dried fruits, such as dates or raisins, may be cooked with the rice, or stewed fruit eaten with it. Cold boiled rice, mixed with a pancake or muffin batter of wheat, buckwheat or corn meal, makes a pleasing addition to such food products, reduces the quantities of other ingredients needed and furnishes a method for using the left-over cereal. Cold boiled rice also may be used with or without a little meat, chicken or seasoning vegetable, for croquettes and with eggs, sugar, milk or other ingredients for making a variety of puddings and other desserts.

Fluffy Boiled Rice.
Wash some rice thoroughly through several cold waters. If you are boiling half a pound of rice, put three quarts of boiling water in the pot. When the water boils rapidly, sprinkle in the rice, wait until the water boils again, give the rice a

toss with a fork, and let it boil at a gallop for twenty minutes. The motion of the water will wash the grains apart and prevent them from being sticky. Drain the rice in a colander, throw over it a cupful of cold water, loosen with a fork, grate the water over to dry. Dish it onto a platter, tossing out with a fork. Serve as a vegetable, with any meat or poultry, or with stewed fruit of any kind.

Dishes From Left-Over Rice.
Left-over rice may be rewarded by throwing it for a minute into boiling water, then dry and add two eggs and season the mixture with salt, sugar and cinnamon. Make it into cylinders, dip in egg and then in crumbs, and fry in hot fat to serve as a dessert, or add salt, pepper and parsley for croquettes to serve with meat dishes, or make into pancakes to serve under poached eggs with cream sauce.

Rice With Chicken.
Boil one small fat chicken in a small amount of water until a rich broth is formed. Strain through a colander. Add two cups of rice to the broth, also one stick of cinnamon, and, after seasoning it to taste, with salt and pepper, cook it over a strong fire until all the water is evaporated. Then add one cup of milk into a double boiler with a slice of onion. When it is scalding hot, add to it a cupful of cooked rice. Cover and let stand for twenty minutes. Mold it into rounds and hollow out the inside of each. Fill with chopped chicken and decorate with sliced pickled beets.

With Tomatoes and Cheese.
Mix together six tablespoons of raw rice, two cups of stewed tomatoes, one cup of boiling water, three tablespoons of chopped onion, if liked, two tablespoons of fat, about three-fourths of a cup of corn meal, cheese and salt and pepper to taste. Bake in a moderate oven until the rice is soft, or for about one hour. Stir once enough to keep the rice from settling. Half a chopped green sweet pepper may be added to vary the flavor. Drippings give a fine flavor.

Baked With Eggs.
Grease a baking dish. Fill it half full of well seasoned boiled rice. Make as many depressions to keep the rice as there are people to be served. Break an egg into each of these, sprinkle with salt and stew with bits of butter. Bake until the eggs are set. Serve hot.

Rice and Egg Omelet.
Beat the yolks of three eggs and

add them to one cup of medium white sauce, then add one cup of cooked rice. Beat the whites of the three eggs very light and fold into the other materials. Turn into a greased frying pan and cook like an omelet. When moderately browned, turn the surface is browned, then turn out on a hot plate or bake in a greased pan in the oven until a knife blade when inserted in the center comes out clean. Three tablespoonsful of grated cheese may be added if liked.

Soup With Vegetables.
When boiling rice do not throw away the water, but add to the rice and water a little celery, onion and green onions, a little parsley or any other tender greens you may have, and cooked peas or string beans cut up. Season with salt and pepper and simmer gently until the vegetables are done. More water may be added if necessary.

With Browned Salmon.
Melt one tablespoon of butter, add two tablespoons of flour and salt and pepper and cook together until bubbling. Then add two-thirds of a cup of milk gradually, stirring all the time. Cook until thick and smooth, then add two-thirds of a cup of salted butter and a cup of cooked rice. Have a hot greased frying pan ready, pour in the mixture, sauté for ten minutes, then add a cup of milk and about thirty minutes, fold like an omelet and turn onto a hot platter. This will serve for two persons.

Creamed With Stewed Fruit.
Wash one cupful of rice in several waters and boil it quickly in water for five minutes. Drain, add two cups of milk and cook slowly until the rice is tender and the milk absorbed. Add one-half a tablespoonful of powdered gelatin in four tablespoonsful of boiling water and add it to the rice. Add one cup of stewed fruit, one teaspoon of vanilla extract and one-half a cup of whipped cream. Stir and cook until the rice is tender and the cream is melted. Turn out and serve with any kind of cold stewed fruit in the center.

Eggplant and Rice.
Pare and slice an eggplant and cut the slices into dice, sprinkle with salt and pepper, and let stand for ten minutes. Drain, add two onions, one tablespoon of oil, one cup of water, and half a cup of rice. Put this into a saucepan with one quart of hot water, and cook until the water is absorbed. Then add one cup of rice, one cup of water, one cup of salt and pepper to taste, and bake in an oven for twenty minutes. Serve in the bed of lettuce leaves or shredded lettuce and garnished with fresh or cooked vegetable that have been tossed in French dressing. Salad dressing is frequently served with these rolls.

Cottage Cheese and Rice Rolls.
Various loaves or rolls can be made by combining cottage cheese with rice. For example, mix one cup of cottage cheese with one cup of rice, one cup of water, one cup of salt and pepper to taste, and one cup of raisins, chopped celery, sage, pimientos, green peppers, grated cheese or other seasonings. Chopped nuts, finely cut celery or cubed cucumbers are good additions. Left overs of boiled ham, fried bacon, cold meats, salmon, tuna fish or other fish may be used to add variety. If liked, the loaf may be baked, just before serving, in sifted bread crumbs that have been slightly browned in the oven. These rolls are especially attractive if served on a bed of lettuce leaves or shredded lettuce and garnished with fresh or cooked vegetable that have been tossed in French dressing. Salad dressing is frequently served with these rolls.

Rice and Mushrooms.
Have ready a pastry case. Peel some mushrooms, allowing five or six to each person, and cut off the stalks. Wash and peel the stalks and chop. Make half a pint of white sauce with milk, add the chopped stalks, a little chopped parsley, salt, pepper and a teaspoonful of cooked minced onion. Simmer the mushrooms in this, and when done mix in two ounces of rice cooked in stock and drained. Serve in the case very hot.

With Raisins and Cream.
Boil some rice, and just before it is taken from the stove add one egg, well beaten, and sugar to taste. Boil some raisins until tender. Pile the rice on the platter, pour the raisins over it and add whipped cream.

FAVORITE RECIPES OF WOMEN

NO. 5—BY MRS. EDWIN DENBY.

Banana Noleette.

One-half dozen bananas (or any quantity desired).

One-half cup walnut meats. Grind meats and roll bananas in meats with a little brown sugar and nutmeg flavor. Put a little butter in pan and bake until a nice brown. Then add one-half cup of cream and serve.

(Copyright, 1922.)

Cottage Cheese in Cucumber.

Cottage cheese served in a cucumber boat is cool and appetizing on a warm day. Cut the cucumber in halves lengthwise, scoop out the pulp and fill the shell with the cheese, then place on ice and serve cold.

Peach Pudding, Whipped Cream.

Sift together one cupful each of corn and rye meal and entire wheat flour, and two and one-half tablespoons of soda. Add two-thirds of a cup of molasses, one pint of thick sour milk and one teaspoonful of salt. As the batter is turned into greased molds add sliced peaches. Steam for three hours. Serve hot or cold with whipped cream or with a sauce made of the juice of the peaches thickened with cornstarch.

Menu for a Day.

BREAKFAST.
Fruit
Creamed Fish
Cereal
Graham Gems
Coffee

LUNCHEON.
Omelet
Chocolate Cakes
Tea

DINNER.
Cream of Asparagus Soup
Fried Halibut
Baked Macaroni and Peas
Lettuce and Pineapple Salad,
French Dressing
Lemon Meringue Pie
Coffee



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PERSONAL HEALTH SERVICE

By William Brady, M. D.
Noted Physician and Author.

The Perils of Benzol.

Since the war a new solvent has been introduced in rubber goods manufacturing (tires, footwear, rubber hose, etc.), certain processes of straw hat manufacture, the making of sealing mixtures for tin cans, as a solvent for fabric and to some extent as a substitute for gasoline in motor engine fuel. This new solvent is benzene or benzol, and it is a poison sometimes producing swift death when inhaled in great quantities. It is a coal tar distillate, and is not to be confused with the well known petroleum distillate called kerosene, which is practically innocuous. This instance, cited by Dr. Alice Hamilton, who is a leading authority on industrial hygiene, illustrates the potency of benzol.

"In one of the great steel mills of Pennsylvania two men were engaged in changing coils in a benzene (benzol) tank which had been thoroughly blown out with steam. One of them was not affected at all; the other was overcome by the fumes and died."

And here is another instance which Dr. Adams cites in her report on the "Menace of Benzene (Benzol) Poisoning in American Industry."

"Even greater precautions had been taken in an English tank car which had been thoroughly washed with water, steamed out, then left for twenty-four hours full of water, washed out twice, boiled for twelve hours, and finally left for ten days with the 16-inch manhole open. Nevertheless, the man who was sent in to clean it was overcome by the fumes and died."

A man went to the top of a still in a benzene refining plant in New Jersey to find out what was wrong. There was a bad leak, he was overcome by the fumes and died, and although it was only two or three minutes before two other men rescued him, he was moribund. Both of his rescuers fainted, but were revived.

A workman in a Pennsylvania plant relied upon a Draeger helmet to protect him when he entered a benzene tank, but was overcome by the fumes and died. Before any man may safely enter a tank in which benzene has been some white mice should be used to test the air in the tank; if the mice survive when lowered to the bottom, then it is safe for the man to enter, not before.

Nine girls employed in a tire factory using a rubber cement in which benzene was the solvent suffered hemorrhages from many parts of the body, hemorrhages into the skin and into the membranes, and four of them died in less than four months. Several similar cases occurred in a Maryland cake factory in which girls were employed to work with a sealing mixture having benzene for the solvent.

It appears that this excellent and cheap solvent for rubber, resins and other trade materials attacks the blood corpuscles (as do most coal tar derivatives used as medicine) and also produces grave injury to the nerve centers. Serious poisoning may occur from breathing air containing as little as one part of benzene (benzol) in 10,000 parts of air.

A strong suction should be installed at the point of origin of the fumes, when benzene is employed industrially, to carry off the fumes and protect the worker from a lethal poison. But, as Hamilton says, "How is this to be done in the varnishing of automobiles, removing shellac from the pews of a church, cementing fabric on textiles or building automobile tires?"

QUESTIONS AND ANSWERS.
Brown and Blue Eyes.
Is it possible for parents who are both distinctly brown-eyed to have blue-eyed children?
T. L. F.
Answer—All eyes are brown. If there is no pigment in the iris (the ring around the pupil) the individual is called an albino. If there is very little brown pigment, the eyes are called "blue." If a little more, "gray." If still more, "brown." The most deeply pigmented irises give the illusion of "black" eyes. The wonder is that children so frequently do have eyes pigmented about in the same degree as their parents, or not greatly unlike the eyes of their parents. It is not surprising that blue-eyed children are born of brown-eyed parents, as is often the case. All eyes are blue at birth, the pigmenta-

tion not taking place until the child is several weeks old.

Bee Wine.

What do you think of bee wine?

They say it is good for the kidneys.

B. L.

Answer—"Bee" wine is very bad for the kidneys and for the health generally. The United States government issued a warning against the use of the word or impure yeasts known as "bees" for fermentation.

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